



# The 4 Bees Newsletter

Believing ~ Being Our Best ~ Being Creative ~ Belonging



Newsletter No. 18  
30th January 2025

Once again, in line with our Birchanger 'B' of 'Being Our Best', we will be celebrating **Mental Health Week** next week. This year, the theme is **Know Yourself, Grow Yourself**, putting a spotlight on how we encourage embracing self-awareness to build resilience, and grow and develop, by understanding who we are and what makes us tick. The more we understand about ourselves, the better we're prepared to tackle life's ups and downs. By helping children to understand and accept themselves, they start to build self-awareness: learning what they need to support them through challenging times.

To celebrate and raise the children's understanding of this, we will be discussing and creating 'It's great to be me!' portraits—detailing all their individual skills and interests. The children will also be creating mental health backpacks (toolkits,) so that they can begin to compile calming, mindful strategies that can support their resilience in tricky times.

On Friday, we will be holding a '**Dress to Express**' day! Children are welcome to come into school in their favourite clothes and will spend the afternoon expressing themselves through a wealth of mediums and resources to showcase their talents and individual characters. Mrs Cook



## Bee Kind Winners



- Reception— Alex
- Year 1— Jonathan
- Year 2— Phoenix
- Year 3— Jude
- Year 4— Charley
- Year 5— Jack
- Year 6— Alice



## Headteacher's Awards

Reception	Stanley
Year 1	George
Year 2	Joey
Year 3	Ivy
Year 4	Emily
Year 5	George H.
Year 6	Freddie

We look forward to seeing you at our **Celebration Worship at 9.05am tomorrow morning**. You are very welcome to join us for a tea or coffee at 8.45am.

Wishing all our school community a very happy weekend! Mrs Vessey



## Indoor Athletics at Forest Hall School—Years 5 and 6



On Monday, Years 5 and 6 had the opportunity to take part in a multi school indoor athletics competition at Forest Hall School.

Everyone tried their best and did an amazing job at cheering each other on, with some great results!

Alice came 2<sup>nd</sup> as an individual in the Javelin and Oliver came 3<sup>rd</sup> as an individual in the 20 second speed bounce.

Well done to everyone who took part, they gave it their all and we were very proud of them.

A special thanks to Mrs Pearce for volunteering her afternoon to help us out!

## Dates for your Diary

### Class Assemblies (9.05am Friday):

Octopus Class—Friday 14th February—please note change of date from 7th February

Marlin Class— Friday 28th February

Turtle Class— Friday 14th March

Starfish Class — Friday 21st March

Shark Class—Friday 28th March

### Workshops open to all parents (at school):

Neurodevelopmental Diversity 5.2.25 3.30pm

Learning & Executive Function 26.2.25 3.30pm

### Emotional Regulation 5.3.25 3.30pm

'Dress to Express' Day (non-school uniform day) - Friday 7th Feb

Book Week Dress-up 'Wonderful Words' Day—Friday 7th March— Celebration Worship 9.05am

One Plan Evening—Wednesday 12th March 3.30-6.00pm

Parents' Evening—Wednesday 26th March 3.00pm-7.00pm (times tbc)

Half-Term: 17th-21st February

### Free Yoga and Pret-A-Manger Food!

Please come and collect some free food from Pret-a-Manger between 6.00-6.15pm tonight, provided by Touchpoint. Also, if you would like to try a free yoga session with Che, she is running sessions in our hall from 7-8pm every Wednesday. Please bring a mat/step if you have one, if not these can be provided. Please wear loose clothing.



## Scores on the Doors!

Water	130
Fire	112
Earth	117
Air	101

Congratulations to

**WATER**



## Children enjoying bracelet making and playing chess in the Creative Cabin at lunchtime.

